



Sigmund

NAME

MY WORKBOOK
OF FEELINGS

AGES 2 & UP



Teach your child to handle
their emotions and solve problems.

Sigmund & Me Workbook of Feelings:

TEACH YOUR CHILD TO HANDLE THEIR EMOTIONS AND SOLVE PROBLEMS!

This workbook can help you teach your child to master her emotions and to solve problems. Use it on occasions when your child's feelings are positive, negative or overwhelming. It will help you guide your child through a series of steps to manage their good or bad feelings and to solve problems. Although this workbook can be used to explore any of your child's feelings, most parents will find it useful with emotions that children often have difficulty handling, such as sadness, anger and fear. This workbook should help you to teach your child:

- To explore her feelings.
- To connect her feelings to the body.
- To communicate her feelings with you.
- To identify the original cause of her feelings.
- To solve the problem that caused her feelings.

GETTING STARTED...

Try to use as many of these steps as possible. As your child gets older she will be able to complete more of the steps.

1. Have your child write her name on the front of the workbook.
2. It is **IMPORTANT** to have your child draw preliminary pictures in the book so when emotional events occur, you and she, have a point of reference to begin the learning process.
3. When your child's feelings have been positive, negative or overwhelming have her draw those feelings in, on and around the outline of the body. Encourage her to be creative and draw what they are feeling on the head, stomach, arms, legs or any part of the body. They can use colors, Xs, Os, wavy lines or anything else that represents their feelings. Simply ask them when you feel (eg. sad) where (eg. on your body) do you feel sad?
4. As your child is drawing don't ask too many questions. This could interrupt her creative or emotional process. A few questions at the start can help her get going. You should ask more questions about her drawing as she slows down. With siblings, have the children do it with you in private to limit the influence of his sibling(s).
5. The workbook offers a great opportunity to link your child's feelings to different sensations in her body. She may have an upset stomach, feel short of breath, feel hot or her heart may be racing. Help your child to identify these sensations because in the future she might recognize these sensations as an early warning that she is becoming emotional and needs to address the problem.
6. Help your child label her emotions. Depending on her age you might start with feelings such as happy, sad, scared or angry. As the understanding of emotions expands your child might start to recognize feelings such as guilt, embarrassment, irritation and other complex feelings.
7. Help your child link her feelings to situations that cause them. If the problem involved another person try to help her listen to and understand the other person's feelings and concerns.
8. Try to help your child come up with a solution that can resolve the problem in a way that satisfies everyone involved. You may need to take into account safety issues, respect for other's property or respect for other's rights and feelings. It would be wonderful if your child could come up with these solutions herself but she may need some help from you. She may need your help carrying out the solution.
9. She can draw the problem and/or the solution at the bottom of each page.
10. **Remember**, poor sleeping, poor nutrition and other daily activities can also dramatically influence a child's mood. Take that into consideration when evaluating the success of Sigmund and your child's emotional development.

If your child is too emotional you need to help to calm her down before she starts to draw. There are numerous strategies to use. Try to find one that your child likes, such as deep breathing, counting to 10, taking a time out to calm down or other strategies.

For directions on dealing with emotional events, see inside back cover...

ME: _____



TODAY IS: _____

I FEEL: _____

DIRECTIONS: (for emotional events)

1. Have your child get her Sigmund book.
2. Sigmund can be used for special occasions when feelings are positive or as a time out tool when there is tension. Take this time to use Sigmund and the *preliminary drawings to identify the child's focus/emotion*. Ask her to turn to the page that most resembles how she is currently feeling.
3. *Once the emotions have been recognized* and the child is less emotionally active, have the child draw her own facial/body expressions on a blank body.
4. Ask her to draw in or on the section of the body they are feeling this emotion. They may **not** want to draw and *simply recognizing* one of their preliminary drawings may be all you need to do to get her to begin to understand herself and the challenge.
5. Throughout this dialog it is imperative that the Parent *identifies the core issue*. Have the child draw/print this in the section at the bottom.
6. Be sure that the Parent *puts the emotional word* under the figure or on top of the page of the emotion being identified by the child.
7. Once emotions have been settled and identified, rationally begin to *communicate options to understand and solve the problem*. Record the lessons in the book so as to use them for future challenges.



HAPPY EXAMPLE:

If the child felt happy in her heart, she would draw a heart on the outline. The Parent or child would then write 'Happy' somewhere on the same page.



SAD EXAMPLE:

If she felt sadness in her lungs, she could draw lungs on the chest. The Parent or child would then write 'sad' somewhere on the page.



ANGRY EXAMPLE:

If she felt anger in her eyes then she could draw eyes and color them in. Again, the Parent or child would write 'angry' somewhere on the same page.

Sigmund & Me is a revolutionary kid's book designed to help children identify with feelings and behaviors.

This interactive book demonstrates how a child can be responsible for her happiness and anxieties and how *she wants to be responsible* for understanding and managing them.

Sigmund will help parents understand and prevent future outbursts and "Time Outs".

Carefully designed by health care professionals, this book will give parents and children new tools to help maintain a peaceful and healthy household.

HELLO, my name is Dr. Chris Mazzuchin.



In my life, there have been many times where emotions have distracted me in my ability to achieve amazing things.

As a child, as a teenager and as a young adult, I had many opportunities to do great things athletically and academically. Unfortunately, when emotion began to pour in, I felt a disappointment in myself in my inability to remove or handle the distracting feelings.

Now as a mature adult, I look back on all of my achievements and the struggles I overcame to succeed. In my journey, I was consciously aware of what I needed to do in order to feel good while I was doing it. I used this mind set in a way to collect information to help others achieve happiness and success in their journey. My goal has been to help individuals achieve freedom while working with themselves, their lives, their thoughts and their emotions.

Once a person can develop the skill and discipline to manage and understand their thoughts and emotions, fulfillment, happiness and bliss are much more attainable.

So I created Sigmund & Me, a small and simple step for children to help them begin to follow a path to empowerment, fulfillment, peace and happiness.

Sigmund was created with the intention of taking an intangible item such as an emotion and making it tangible. When **the mind** can work with something it can touch, see, and feel, then **the heart** has an easier time constructively handling it.

Emotions are such a big part of our evolution, sense of self and fulfillment as human beings. As such, I felt it necessary to create a tool that would help us understand, heal and grow in a way that everyone could benefit, especially children.

Childhood is the time when our life skills begin and our view of the world starts to mold and shape itself. My hope is that all of us, regardless of age, can live a life where the mind and the heart are walking hand in hand towards a better place for all.

I hope and trust **Sigmund & Me** works for both you and your child.

Please feel free to call, email or mail me any thoughts, questions or concerns you may have. I would also like to encourage any and all feedback on how Sigmund is working for you and your child.

Sincerely,

Dr. Chris Mazzuchin

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Published by:



\$5⁰⁰



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